

Directions for use

1 Shake down the applicator

2 Twist off the top

The applicator can be inserted from three different positions, according to personal ease and preference:

How to insert the applicator when sitting

How to insert the applicator when standing

How to insert the applicator when lying

When inserted, squeeze the end of the applicator several times to release product high into the vagina

When emptied, squeeze the end of the applicator to withdraw it safely

Please dispose of the applicator tube and top by recycling

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